

# EAT YOUR FOOD RAW? YES, IF YOU LIKE IT!

Department of Agriculture Experts Explode False Food Theories.

## MODERATION CHIEF THING

Warning Note Issued Against Self-Styled Specialists in Dietetics Who Cure by Mail.

[From The Tribune Bureau.]  
Washington, Sept. 20.—Specialists of the Department of Agriculture, who have been making an extensive study of claims by self-styled "experts in dietetics" as to what American people should eat to preserve their health, have just issued a warning against the false theories so widely exploited.

"If you like raw food better than anything else, eat it; if you like bread and milk twice a day, eat it," is the advice given in the statement. "The main thing, as one grows older, is to eat in moderation, and then, as always, to see that what you eat is clean and that the cooked food that you eat is originally in good condition and that it is well cooked."

With regard to the questionable dietary recommendations of the "experts" the statement says: "Some of the advocates of the freak diets are sincere, but are themselves deluded, while others are fakers, who seek to make monetary gain by advising peculiar systems of diet. Neither class can offer trustworthy advice. In most of the recommendations of these self-styled 'experts' there is hardly a shadow of reason, though they may seem reasonable."

It is set forth in the statement that there is no justification for laying so much stress on raw foods as is done by a majority of the food faddists. It is asserted that man's chances of health are best when he eats with moderation a diet made up of clean, wholesome, ordinary foods, well prepared in the usual ways. The claim is made that as a general proposition raw food is not cleaner than cooked foods, as proper cooking sterilizes food, and so renders innocuous pathogenic bacteria and other organisms possibly harmful.

**Bacteria Danger Exaggerated.**  
Combating the theory of the "experts" in many instances that persons should not eat animal foods because meat is alleged to be filled with bacteria, the statement says:

"The surface of the meat is not sterile, but the interior is, except in rare cases. We do not eat raw meat, except dried beef, or something similar, but cause it to be cooked, and this sterilizes it. In most cases where people have suffered, or think that they suffered, from eating meat or any other normal article of diet, the trouble lies not with the actual article, but either in the imagination of the consumer or in the fact that the food has not been kept clean or properly prepared and properly handled after it has been cooked."

The public is particularly warned against the danger of curative treatment by mail, the statement saying: "Many of the people who offer dietetic advice for sale undertake to recommend a diet that will cure disease without ever seeing the patient. The average man talking about his own illness frequently imagines symptoms or describes them so inaccurately that they are not absolute guides to the physician. In many cases incipient serious ailments or local troubles which give no indication of their presence by pain or discomfort are discovered by the physician in his laboratory, and relief can be given then which could not be promised later."

"Very few people, indeed, would be able to describe their symptoms in words so accurately that the conscientious physician would feel safe in making a positive diagnosis or laying down a method of treatment. Many of these sellers of food information, however, undertake to diagnose trouble and advise a complete remedy purely on the patient's own description of what he believes is a serious condition."

**Long Distance Treatment.**  
"In cases of serious digestive disturbances sufferers should consult a physician of known ability and known standing in the community. To submit such cases for treatment by mail is as foolish as it would be for a man having a complicated and highly specialized business trouble to ask some one who had never seen his factory, and knew nothing of his business except the data he could supply in answer to a set of questions, to supply him with a positive remedy at long distance."

In conclusion, the statement urges people not to worry so much about their health, and adds: "These circulars of misinformation about diet find their prey principally among people who are always fancying that they have some complaint. If people remain in good physical condition year after year, and observe no marked change in weight, seem in good health and spirits and are eating any simple and normal mixed diet, they have no need to worry about their food."

"People can expect to be lighter in weight in summer than in winter. As a person grows older he should cut down the amount he eats and depend on a less complex and simpler diet. It is often said that when a person passes forty he begins to need a different diet. The reason given is that he does not exercise so energetically as he did, and consequently does not need the same amount and kind of food that was required to keep up his energy for more active physical work."

## GOV. BLEASE WRONGED NEGRO

Refused Him Protection from Mob, but Jury Acquits Him.

[By Telegraph to The Tribune.]  
Spartanburg, S. C., Sept. 20.—Will Fair, a negro whom Governor Blease refused to protect from a mob bent on lynching him for an alleged assault on a young white woman, was found not guilty today. His accuser swore that Fair followed her along a woodland path to the lonely farmhouse where she resides and knocked her down with a club.

The negro denied the charge, though admitting he passed her house about that time. The woman's sincerity was not impeached, but it was contended for the defence that her story was a hallucination.

Judge Gage commended the jurors for having the courage to do their duty.

## POISONED MAN DIES IN TRANCE

Rochester, Sept. 20.—Philander Miller, fifty years old, of New York, dropped asleep in a hotel here on Thursday and all efforts to awaken him failed. He was taken to a hospital, where he died today without awakening. An autopsy this afternoon revealed poison in his stomach. The police are investigating.

Closing hours during September: 5 P. M. daily; 12 o'clock noon on Saturdays.

## B. Altman & Co.

ALL CHARGED OR PAID PURCHASES MAILABLE IN ONE PACKAGE WILL BE FORWARDED FREE OF CHARGE TO ANY PART OF THE UNITED STATES OR TO FOREIGN COUNTRIES WHERE PARCEL POST RATES APPLY.

## B. Altman & Co.

### IMPORTANT SALES OF AUTUMN MERCHANDISE FOR TO-MORROW (MONDAY):

**Women's Glace Kidskin Gloves**  
Mousquetaire, 16-button length, in black or white, will be on sale, for this occasion at \$2.00 per pair

**Women's Black Silk Hosiery**  
in two special styles, will be marked at the following attractively low prices:

**Women's Black Silk Hose**, with double soles, heels, toes and tops, regularly sold at \$1.00 and \$1.50 per pair at 70c. & \$1.00

**Women's Black Silk Hose**, with embroidered clocks and insteps, regularly sold at \$2.25 per pair at \$1.50

**Also Children's Ribbed Lisle Thread Hose**, in black, white or tan per pair, 25c.

**Women's English Raincoats**  
in desirable shades of tan and navy, will be placed on sale at the unusually low price of \$11.50

**Several Thousand Yards of Desirable Trimming Laces**

comprising shadow and maline lace edgings, insertions and demi-flounces, actually valued at 45c. to \$7.50 per yard, at the remarkable price concessions of 25c., 35c., 58c., 95c. to \$4.50 per yard.

**Several New Models of Women's Silk Dresses**

for afternoon and evening are now being shown. For copies of these gowns, made of superior silk fabrics, orders are being taken at \$57.00 & \$67.00

THIRTY-FIFTH ST. ELEVATORS TO SEVENTH FLOOR

**An Extraordinary Offering of Imported Hand-made Filet Lace Panels, Bedspreads and Curtains**  
in an extensive variety of select designs at remarkable concessions from regular prices.

**Filet Lace Panels**, regular prices \$25.00 to \$95.00 at \$14.00, 17.50, 22.00 to 45.00

**Filet Lace Bedspreads**, regular prices \$85.00 to \$175.00 at \$48.00, 58.00, 65.00 to 115.00

**Filet Lace Curtains**, regular prices \$65.00 to \$125.00 per pair at \$45.00, 65.00 & 85.00

Also a special selection of Marie Antoinette Lace Curtains and Lacet Arabe Curtains with Marie Antoinette Lace combinations, regular prices \$11.00 to \$28.00 per pair at \$5.85, 7.50 to 16.00

**500 Pairs of Reversible Velour Portieres**

in two-toned stria and plain-color ribbed effects, the regular price of which is \$30.00 per pair, will be placed on sale at the very special price of \$16.00 per pair

This selection comprises two entirely new styles of Portieres, custom made, of superior quality velour in attractive color combinations; also a number having both sides alike.

**Women's Silk Petticoats**

will offer excellent values at the following prices:

**Messaline Petticoats**, in changeable effects or plain black at \$2.90

**Silk Jersey Top Petticoats**, with messaline flounce; in black or colors at \$4.75

**16,000 Yards of Crepe Charmeuse**  
(40 inches wide)

all-silk, in an assortment of more than eighty-five colors, including the evening shades and white, ivory, cream and black, will comprise a very exceptional offering at \$1.87 per yard

**Imported Black Broadcloth**  
(Spot-proof finish)

54 inches wide, and usually sold for \$3.00 per yard, will be offered at the special price of \$1.85

**5,000 Yards of All-Wool French Challis**

in novelty bordure effects, as well as in a variety of plain colors, will be on sale at the very attractive price of 48c. per yard

This material is especially desirable for House Gowns, Negligees and Matinee Jackets.

On TUESDAY, Sept. 23rd

**A Special Sale of Women's Blouses**

will be held, consisting of two very attractive Autumn models, designed for wearing with the smart tailor-made suit.

These Blouses will be marked at the following interesting prices:

**Blouses of Silk Shadow Lace** at \$7.75

**Blouses of Chiffon over Shadow Lace**, in black, navy and Russian green at \$5.00

## Fine French Lingerie

lately received from Paris and now being displayed, comprises the latest models evolved by the leading French designers. Among them are dainty undergarments composed of sheer fabrics of cobwebby fineness, combined with real lace; novelties in chiffon, voile ninon and crepe de Chine; Dancing Petticoats; and Matinees and Bed Capes in the most delicate materials and colors.

A novelty is shown in the new English Pajamas of black silk, trimmed with silk braid in vivid colorings.

**A Display of Paris Gowns and Tailor-made Suits**

accurately illustrating the latest authentic fashions, will commence in the Third Floor Dressmaking Department to-morrow (Monday).

**The Misses' and Small Women's Department**

now considerably enlarged, is displaying, at moderate prices, exceptionally interesting assortments of Tailor-made Suits, College and Afternoon Dresses, Theatre and Dance Gowns, Travel and Walking Coats, and Wraps and Coats for formal wear, all in the newest fabrics and colors and embodying the most advanced style features for Autumn and Winter.

## B. Altman & Co.

ARE PREPARED TO OFFER SPECIAL VALUES IN

**Women's and Misses' Riding Habits**

for Autumn and Winter wear, comprising new, correct models tailored from the fashionable fabrics. The prices of these Ready-to-wear Riding Habits are \$28.00, 38.00 & 45.00

**Women's Riding Habits, made to order**, of the finest English materials, at \$75.00

**Misses' Riding Habits, made to order**, of the same materials, at 65.00

**The Girls' Outfitting Department**

is showing a very complete and comprehensive collection of Girls' Wearing Apparel, for practical as well as dress wear.

The following are in the regular stock at the moderate prices quoted:

**Girls' School Dresses**, in Russian and two-piece styles \$7.50 to \$25.00

**Girls' Fancy Dresses**, of crepe, corduroy, or velveteen 11.50 to 35.00

**Girls' Party Dresses**, of lace, lingerie, crepe, etc. 10.50 to 38.00

**Girls' Everyday Coats**, of chinchillas, zibeline or velours 12.50 to 35.00

**Girls' Dress Coats**, of corduroy, velveteen, silk fabrics, etc. 14.50 to 85.00

**Girls' Tailor-made Suits**, in two or three-piece styles 22.50 to 38.00

**Choice Fur Garments**

(in the newly arranged Department on the Third Floor)

show the draped, tapering and straight line effects in the novel colorings decreed by fashion for the coming Winter season.

## House Gown Fashions

are shown in foreign importations as well as in attractive models featuring the original ideas of American designers. Included are House Gowns of rich materials suitable for wearing at the home dinner table, and less elaborate Negligees for boudoir and breakfast wear.

**The Corset Department**

is now showing its new Autumn models in Fasso Corsets, made in Paris exclusively for B. Altman & Co.; also in other lines of French corsets, designed by high-class Parisian corsetiers with a view to producing the fashionable esthetic figure while affording the necessary degree of comfort and support. The low bust, long hips and the latest approved method of boning are especially featured.

**Choice Wraps and Mantles**

from the most important fashion centers of Europe are displayed in the department devoted to Women's Outer Garments, located on the Third Floor. This attractive collection of smart models includes Coats and Wraps at \$95.00, 100.00, 110.00, \$125.00, 150.00, 165.00 to 750.00.

Also an interesting assortment of Practical Coats, cut on simpler lines, at the moderate prices of \$16.50, \$19.50, 22.00, 25.00 and 68.00.